

Palos Verdes Football Proper Nutrition Guidelines

Proper nutrition HAS TO BE an Important part of your training regiment- just like lifting weights and running. As a matter of fact, eating right affects your performance on the field and in the class room. Because football requires short bursts of energy over and over again, we MUST have the right energy in our bodies. This is something that WE CAN CONTROL. Your body needs optimal fuel in order to achieve optimal performance.

The Basics

- 1) Eat Breakfast EVERYDAY (low-fat, high carbohydrates and protein. Examples: healthy cereal, pancakes, waffles, French toast w/syrup(no butter), eggs, yogurts, bananas, granola, bagels, oatmeal, etc.)
- 2) Eat 5-6 meals a day, including snacks. You should be eating about every 2 ½- 3 hours. Typically 3 meals a day, with 2 healthy snacks in between.
- 3) Generally speaking, your diet should be 2/3 carbohydrates, 1/3 protein, with moderate fat.
- 4) Keep Hydrated all day- every day. Water and sport drinks are best, and low-fat milk is good in addition.
- 5) Make sure your lunch or a healthy snack is eaten within 30-60 minutes before practice.
- 6) Consume some protein (protein shake, weigh protein or high protein food) within 30 minutes after weight training.
- 7) Make junk food and fast food a rarity (eliminate sodas if possible).
- 8) TREAT YOUR BODIES RIGHT, AND IT WILL TREAT YOU RIGHT!

Examples of foods high in carbohydrates

Whole grain breads, pastas, potatoes, bagels, sandwiches, rice, yogurts, cereals, granola, oatmeal, many vegetables, and salads.

Examples of Foods high in protein

Chicken, turkey, fish, beans, eggs, meat, vegetables, nuts, and low-fat cheese.

Examples of healthy snacks

Fruits, smoothies, granola bars, yogurt, P, B, and J's, protein bars, muffins, whole-grain crackers, string cheese, dried fruits, etc.

Good Drink options

Water, Sport Drinks, Milk, Fruit Juice.

Note: The Palos Verdes Football Program emphasizes a healthy diet, hydration, and hard work to get stronger. The only supplements supported by our program are whey protein (protein shakes) after workouts.